

HEALTH ESSENCE

MENU

MEMBERSHIPS

COACHING - MEMBERSHIP	MONATLICH
BODY'N'MIND RESET	249€
PERSONAL TRAINING - MEMBERSHIP	
YOU IGNITE	799€
YOU ELEVATE	1.169€
YOU THRIVE	1.479€
YOU TRANSFORM	1.729€
SMALLGROUP TRAINING - MEMBERSHIP	
WE IGNITE	269€
WE ELEVATE	339€
WE THRIVE	399€
WE TRANSFORM	469€

SERVICES

	EINZEL / 12ER
MENTAL COACHING SESSION 1:1 (MEMBERS ONLY)	139€ / 1.534€
PERSONAL TRAINING SESSION 1:1 (MEMBERS ONLY)	139€ / 1.534€
SEMI PERSONAL TRAINING SESSION 2:1 (MEMBERS ONLY/BRING A FRIEND)	179€ / N/A
PERSONAL YOGA SESSION 1:1	95€ / 1.049€
SEMI PERSONAL YOGA SESSION 2:1	125€ / N/A
	1:1 / 2:1
GUT SESSION - YOGA FLOW TO SUPPORT GUT HEALTH	59€ / 79€
JOY SESSION- YOGA FLOW FOR MOOD ENHANCEMENT	59€ / 79€

CLASSES

	EINZEL / 10ER
YIN YOGA CLASS	20€ / 169€
STRENGTH & CONDITIONING CLASS	20€ / 169€
	KURSREIHE
BARRE COURSE SERIES (KURSREIHE A 6 EINHEITEN)	179€

REGENERATION

	EINZEL / 10ER
SWEAT YOURSELF - INFRAROTSAUNA SESSION (SOLO)	35€ / 295€
SWEAT TOGETHER - INFRAROTSAUNA SESSION (ZU ZWEIT)	49€ / N/A